



OCTOBER IS LEARNING DISABILITIES AWARENESS MONTH

Managing Emotions: A Student's Super Power!

FREE COMMUNITY WORKSHOP!

This workshop validates the correlation between a student's ability to self-regulate and their ability to tolerate anxiety and negative emotions. When a student is able to manage emotions the increased focus supports academic success. Attendees will be introduced to a variety of self-administrable Mindfulness Techniques.



PRESENTER: ANGIE DEMARCO

DATE: OCTOBER 11TH, 2017

TIME: 7:00 P.M.

**LOCATION: LOCKERBY COMPOSITE HIGH SCHOOL
AUDITORIUM**

VIEWING APPROPRIATE FOR GRADE 7 AND UP.